



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

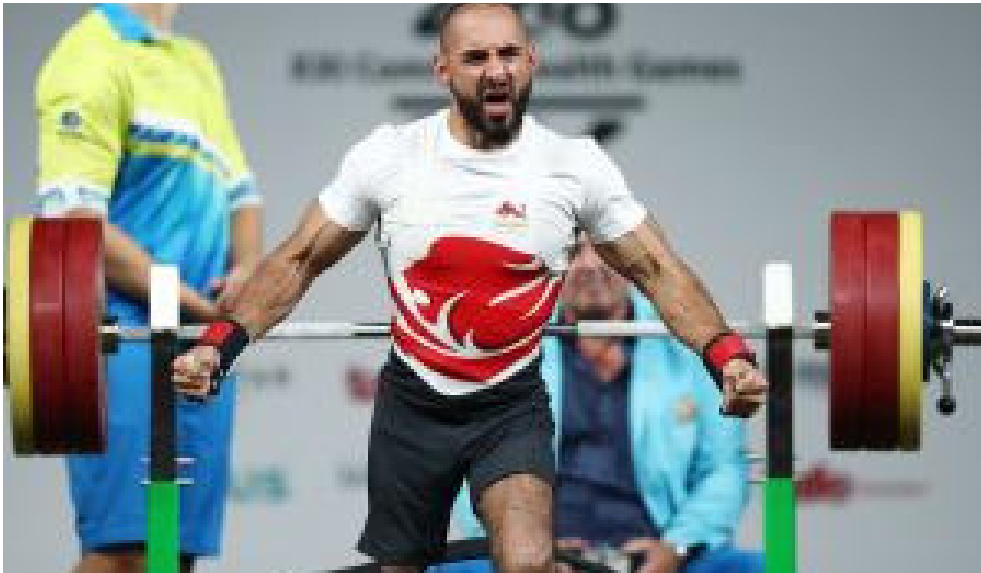
PARA POWERLIFTING

WHAT IS PARA POWERLIFTING?

Powerlifting is the ultimate test of upper body strength and can sometimes see athletes lift more than three times their own body weight. The bench press is the sport's single competitive discipline, with 10 different categories based on body weight. Competitors must lower the bar to the chest, hold it motionless on the chest and then press it upwards at arms length with locked elbows.

WHO CAN TAKE PART?

All individuals with a physical impairment can participate. However, individuals must have good stability in their upper body and shoulders.



CLASSIFICATION

There are eight eligible physical impairments: impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonia, ataxia, and athetosis.

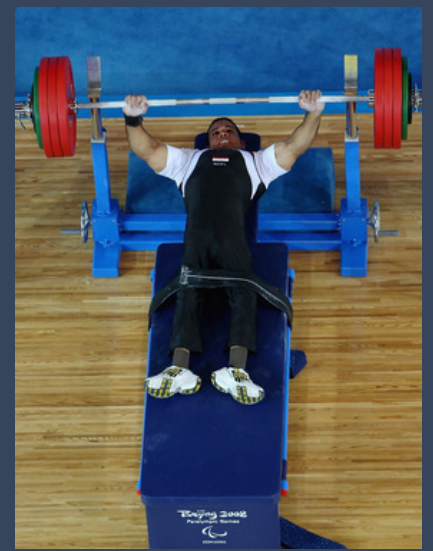
There is no classification according to individuals' degree of impairments within Powerlifting. However, individuals are classified according to their body weight.

WORLD PARA POWERLIFTING



World Para Powerlifting governs and classifies the sport of powerlifting. The World Para Powerlifting Championships was first held in 1994 and is now held every four years. Competitors with a physical disability compete, and in a few events athletes with an intellectual disability compete.

Powerlifting made its debut at the Tokyo Paralympic Games in 1964 and today the sport boasts hundreds of athletes from more than 110 countries.



www.cpisra.org/powerlifting/

<https://www.paralympic.org/powerlifting>